

GOVERNMENT OF ANDHRA PRADESH  
A B S T R A C T

Strengthening In-Patient Services in the Government Hospitals and Medical Institutions – Streamlined Management System and Enhanced Diet Charges – Orders – Issued.

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HEALTH, MEDICAL AND FAMILY WELFARE (M1) DEPARTMENT

G.O.Ms.No.325,

Dated: 01-11-2011.

Read the following: -

- 1) G.O.Ms.No.191, HM&FW (M1) Deptt., dated.6.4.1999.
- 2) G.O.Ms.No.508, HM&FW (M1) Deptt., dated.5.10.1999.
- 3) G.O.Ms.No.994, HM&FW (M1) Deptt., dated.10.06.1999.
- 4) Govt., Memo No.17343/M1/99-3, HM&FW Deptt., dated.5.10.1999.
- 5) G.O.Ms.No.151, HM&FW (M1) Deptt., dated.02.05.2002.
- 6) G.O.Ms.No.222, HM&FW (M1) Deptt., dated.10.06.2002.
- 7) G.O.Ms.No.32, HM&FW (M1) Deptt., dated.02.02.2005.
- 8) G.O.Ms.No.42, HM&FW (M1) Deptt., dated.22.02.2006.
- 9) G.O.Ms.No.146, HM&FW (M1) Deptt., dated.07.06.2011.
- 10) From President, Hospital Diet Canteen Supplier Welfare Association, Letter dated.18.06.2011.
- 11) G.O.Ms.No.200, HM&FW (M1) Deptt., dated.15.07.2011
- 12) G.O.Rt.No.1452, HM&FW (M1) Deptt., dated.16.08.2011.
- 13) From the DME, Hyd. Lr.No.Spl/DME/2011, dated.20.8.2011.

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O R D E R: -

In the references 1<sup>st</sup> to 8<sup>th</sup> read above, for effective implementation of supply of diet to the inpatients of both General category and Therapeutic Patients and duty doctors in all Government Hospitals and Medical Institutions, orders / guidelines were issued for improving and monitoring diet supplied, besides increasing the diet charges, periodically and specifying the diet Schedule to be supplied to the Inpatients and duty doctors. The mechanism to be adopted for calling tenders/Applications, finalizing and awarding contracts/extension of contracts in respect of supply of diet to In-patients and duty doctors in all Govt., Hospitals also existed from time to time.

2. In the G.O. 9<sup>th</sup> read above, orders were issued enhancing the daily diet charges per patient in all Govt., Health Institutions in the State from Rs.20 to Rs.40 and Rs.28 to Rs.56 to General Patients and Therapeutic Patients respectively. However, the said orders were kept in abeyance vide G.O. 11<sup>th</sup> read above, with a view to re-look into the entire Diet Management System and Diet Charges with respect to diet Menu, in the light of the representation of Hospital Diet Canteen Suppliers Welfare Association vide ref. 10<sup>th</sup> read above.

3. In the G.O.12<sup>th</sup> read above, a Diet Committee with Director of Medical Education, as Chairman, was constituted to specify the diet Schedule to General Patients, Therapeutic Patients, duty doctors and attendants of the Tribal Patients and to submit their recommendations to the Govt. with a view to formulate a New Diet Management Policy.

4. In the reference 13<sup>th</sup> read above, the Director of Medical Education, has informed that the Diet Committee has gone into the Diet Schedule for general patients, therapeutic patients, duty doctors, attendants of the Tribal patients and submitted their recommendations based on calorific norms and nutritional value which have been summarised in the Annexure to this Order.

/p.t.o./

5. The Government, after careful examination of the matter hereby accept the recommendations of the Diet Committee, and decided to streamline the management system for delivery of nutritious food to inpatients in all Government hospitals and health centers under the control of Health, Medical and Family Welfare Department, besides increasing the diet charges and specify new diet Schedule. Accordingly, the Government orders that balanced and nutritious diet be provided to every general inpatient, admitted into the Government Hospitals and health centers including duty doctors as per the following enhanced diet charges:-

Sl. No.	Category	The prevailing rate per patient per day	Recommended rate per patient per day
1	All inpatients and attendants of Tribal patients.	Rs.20/-	Rs.40/-
2	Inpatients (T.B./Mental and Therapeutic Patients)	Rs.28/-	Rs.56/-
3	Duty Doctors	Rs.40/-	Rs.80/-

6. The calorific norms, the quality and quantity of food items to be supplied to different categories of Inpatients are summarised in the Annexure to this order. The revised tariff with the revised diet Schedule will be effective from 14-11-2011.

#### DISTRICT DIET MANAGEMENT COMMITTEE (DDMC)

7. The District Diet Management Committee will be constituted in every district with the following members for overall management and monitoring of diet supplied for all Government Hospitals and Health Institutions in the State.

Joint Collector	Chairman
District Medical & Health Officer	Member
Chief Dietician / Dietician	Member
Inspector (Health) where Dietician is not available	Member
NGO / Voluntary Organization	Member
Most Senior Physician & Paediatrician in the District	Members
Resident Medical Officer of Teaching / District Hospital	Member
District Coordinator for Hospital Services / Superintendent of Teaching Hospital	Convener

8. The present Diet Contract with the new rates and new diet schedule can be continued till the contract period expires or upto 31<sup>st</sup> March 2012, whichever is earlier.

9. The District Diet Management Committee (DDMC) will be responsible for calling tenders and to select the most competent diet contractor and also monitoring the quality of food supplied to the inpatients / duty doctors. The Superintendent of District Hospital / Teaching Hospital / Area Hospital / Community Health Centers, will be responsible for administering the Diet contract, without deviation of the conditions.

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### STATE LEVEL COMMITTEE

10. A State level committee under the Chairmanship of Commissioner of Health and Family Welfare with Director of Medical Education, Commissioner, A.P. Vaidya Vidhana Parishad, Commissioner of AYUSH and Director of Public Health & Family Welfare, as members and Director of Medical Education as the Member-Secretary is hereby constituted. This committee will standardise the bid documents, contract documents, contract conditions, etc., and will oversee the funds flow to the Hospitals/Institutions. This committee will also monitor the implementation of diet supplied to all hospitals across the State and take appropriate remedial measures.

### GENERAL TENDER CONDITIONS:

11. The following terms and conditions shall be followed in respect of Diet Contract.
- The Diet Contractor shall pay electricity and water charges.
  - Hospital Development Society Funds will be utilised for procurement and Maintenance of food trolleys, utensils and other essentials.
  - The Diet contract period will be for 2 years and extendable for one year if District Diet Management Committee (DDMC), satisfied with the service of Diet Contractor. Under any circumstances fresh tenders must be called for the 4<sup>th</sup> year, well in advance.
  - The tenders will be called for by the District Diet Management Committee (DDMC), Hospital wise.
  - District Diet Management Committee (DDMC) can terminate the contract for irregularities or improper functioning if any, by giving three months notice.

### PROCESS FOR FINALISATION OF TECHNICAL BID

12. The bidding process will be finalized by the District Diet Management Committee (DDMC) through transparent and competitive means. The following documents are to be called for along with Tender document: -

- \* An Earnest Money Deposit (EMD) of Rs.3, 00,000/- for Teaching Hospitals of 500 bedded or above and Rs. 2.00 lakhs for 200 bedded or above and Rs. 1.00 lakh for 100 bedded or below Hospitals, an EMD of Rs.1.00 lakh for District / Area Hospital and Rs. 50,000 for CHCs shall be collected in the form of Demand Draft only.
- \* Solvency Certificate of Rs. 5.00 lakhs, Rs. 2.00 lakhs and Rs. 1.00 lakh for the Hospitals of 500 beds, 200 beds and 100 beds respectively, issued by concerned authorities.
- \* Latest VAT clearance certificate with 5 years statements.
- \* Latest IT clearance certificate with 5 years statements.
- \* Good conduct certificate from the Hospital authority competent.

### CRITERIA FOR EVALUATION OF TECHNICAL BID: -

13. The Technical parameters in respect of bidding process shall be as follow:-

(1) Experience – Weightage 50%:

- The Contractors, who is having experience of minimum three years to supply diet in the Govt. Hospitals of 500 or more beds, to supply diet in the Teaching Hospitals, 200 beds for Dist. Hospitals / 100 beds for Area Hospitals / 50 beds for Community Health Centers.
- The Contractors, who is having experience in the field of catering in Institutions other than Hospitals like Hostels, College Canteens, Hotels, Bulk caterers, Railway Canteens and Hospitality Institutions, etc.
- If Diet Contractor is not able to produce IT & VAT, the District Diet Management Committee (DDMC) has the discretionary power to accept the application in case of Hospitals of below 50 bedded.

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(2) IT Returns – Weightage 25%

- (a) IT & VAT returns for 5 years to be filed, for Teaching / District Hospitals.
- (b) IT & VAT returns for 3 years to be filed for Area Hospitals / CHCs.

(3) Annual Turnover – Weightage 25%

Annual Turnover should be a minimum of Rs.25 lakhs per annum for Teaching Hospitals, Rs.5 lakhs per annum for District Hospitals and Rs. one lakh per annum for Area Hospitals / Community Health Centers.

Note: - Only those Bids obtaining more than 70% marks will be qualified for Financial bid.

FINANCIAL BID:

The person / organization who quotes lowest rates in the financial bid will be qualified as the Diet Contractor and in case of any discrepancy, the Chairman of the District Diet Management Committee (DDMC) will take an appropriate decision.

CAUTION DEPOSIT

1. For Teaching Hospitals of 500 beds and above, a caution deposit of Rs.5 lakhs to be collected.
2. For District Hospitals of 300 beds and above, a caution deposit of Rs.3 lakhs to be collected.
3. For District Hospitals of 200 and above, a caution deposit of Rs. 2 lakhs to be collected.
4. For Area Hospitals/Community Health Centers of 100 and above, a caution deposit of Rs.75,000/- to be collected.
5. For Community Health Centers of below 100, a caution deposit of Rs.50,000/- to be collected.

Note: - The amount shall be collected in the form of Demand Draft only.

HOSPITAL DIET MANAGEMENT COMMITTEE (HDMC):

14. In addition, the Government orders for formation of Hospital Diet Management Committee (HDMC) in every hospital with the Superintendent as Chairman, Dietician as the Convener and the Resident Medical Officer (RMO), Senior-most Physician, Paediatrician, and Obstetrician, a representative of the junior doctors in case of their diet may be made a member. The Hospital Diet Management Committee (HDMC) meeting will be convened by the Dietician / RMO / in-charge of diet and the Diet Contractor will be a Special-Invitee.

15. The Hospital Diet Management Committee shall be responsible for ensuring supply of hygienic and balanced diet to the patients and for close monitoring of its quantity and quality. The dietary department of the Hospital shall work directly under the control and direction of the Hospital Superintendent / Resident Medical Officer (RMO) / Dietician incharge of diet section.

16. The Hospital Superintendent shall ensure that the payment to the Contractor is made based on the actual consumption of diet, bed-wise, in the Hospitals / Institutions and monitor this aspect as well as quality of Diet supplied.

17. The Superintendent of all Hospitals / Institutions in the State are instructed to follow the terms and conditions summarised below while providing wholesome Diet to the Patients admitted in the Hospital.

- a) All food raw materials should be of high quality and should be inspected and certified by the Superintendent / Residential Medical Officer / Dietician / Diet incharge before cooking and should taste the diet before it is supplied to the patients.

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- b) All condiments and cooking medium used should be procured in sealed and branded packets / tins / containers and conform to Agmark Grade 11. Only IR 36 grade or superior quality Masoori rice should be used.
- c) Vegetables and fruits supplied should be purchased fresh and a different vegetable should be cooked on each day of the week. No vegetable (except potatoes) is to be repeated on any day of the same week.
- d) Food should conform to the standards prescribed by the Food Safety Act and Prevention of Food Adulteration Act and Rules. Any food materials not confirming to these standards shall be condemned and disposed forthwith under proper panchanama and record and immediate action shall be initiated against the Contractor for violation of conditions of contract.
- e) The head of the hospital shall ensure that all persons associated with cleaning, cooking, transporting and serving food are screened once in every quarter year for any disease, including gastro-intestinal infections, and treated appropriately at the cost of the hospital. All persons employed by the Diet Contractor shall be trained in good hygiene and health practices by the Hospital authorities.
- f) The in-charge dietician shall have the principal responsibility for the quantity and quality of food supplied to the inpatients and he / she should report any discrepancy to the Hospital Superintendent.
- g) The hospital authorities shall provide adequate space, including potable water, electricity, washing and cleaning space with good drainage, within the hospital premises for preparation, storage and serving of food.
- h) The Nurse in charge of the ward should maintain Diet Supply Register (DSR) duly recording the name of the patient, IP No, type of diet required and the DSR should be approved by the ward Medical Officer. The Diet Supply Register (DSR) shall be the basis for payment of diet charges to the Diet Contractor. Diet charges shall be paid every fortnightly to the Diet Contractor by the Superintendent. All payments shall be made through cheque / wire transfer.
- i) The Contractor whoever is selected for supply of diet to general and therapeutic patients shall supply diet to duty doctors also according to diet menu, as per the new diet rates mentioned in this G.O.
- j) The Contractor shall be imposed a penalty of ten percent from the overall payment of the day for failure to adhere to any of the conditions stipulated above. Violation of terms and conditions of the contract twice shall result in summary termination of the contract, after approval by the District Diet Management Committee (DDMC) / Hospital Development Society (HDS).
- k) The patient has to be supplied diet from the date of admission in the form of a supplementary diet indent from the wards.

18. The Commissioner of Health and Family Welfare, Director of Medical Education, Commissioner of A.P. Vaidya Vidhana Parishad, Director of Public Health and Family Welfare, Commissioner of AYUSH and the District Collectors are instructed to take necessary action accordingly.

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19. This order is being issued with the concurrence of Finance (Expr.M&H.I) Department vide their U.O.No.9737/265/A1/Exp. M&H.1/2011, dated: 11-10-2011.

(BY ORDER AND IN THE NAME OF THE GOVERNOR OF ANDHRA PRADESH)

G. SUDHIR,  
SPECIAL CHIEF SECRETARY TO GOVERNMENT

To

The Commissioner of Health and Family Welfare, A.P., Hyderabad.

The Director of Medical Education, A.P., Hyderabad.

The Commissioner of APVVP, A.P., Hyderabad.

The Commissioner of AYUSH, A.P., Hyderabad.

The Director of Public Health & Family Welfare, A.P., Hyderabad.

All District Collectors.

Copy to:

The Superintendents of all Teaching Hospitals through D.M.E., A.P., Hyderabad

All District and Area Hospitals in the State through Commr., APVVP., Hyderabad.

All District Medical and Health Officers in the State through D.P.H.. A,P., Hyd.

All District Coordinators of Hospital Services through Commr., APVVP., Hyderabad..

The Principal Accountant General of Andhra Pradesh, Hyderabad.

The Director of Treasuries & Accounts, A.P. Hyderabad.

The Pay & Accounts Officer, Hyderabad.

All District Treasury Officers in the State.

The President, Hospital Diet Canteen Suppliers Welfare Association, Afzalgunj, Hyd.

The PS to Principal Secretary to the Hon'ble Chief Minister.

The OSD to the Hon'ble Minister for Medical and Health.

The Finance (Expr. M&H.I) Dept.

The H.M.& F.W.(G) Dept.

SF and SCs.

// forwarded :: by order //

SECTION OFFICER.

Contd. for Annexures....

**ANNEXURE - I**  
**General Diets (Routine Hospital Diets)**  
**1) General Diet for Men.**

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori / Wheat floor suji ravva(100) break fast (Upma Ravva)	450 gms.	<u>273.7</u> 74.8	<u>23.8</u> 10.4	<u>1075</u> 0.8	<u>1207</u> 348
Pulses	60 gms	34.56	13.38	1.02	201
Vegetables	300 gms	18.9	6.6	0.9	108
Milk	150 ml	6.6	4.8	6.1	100
Oil	25 gms			20	180
Sugar	10 gms	10			40
Eggs	2 (each 50 gms)		13.3	13.3	173
Fruit	1 no.	27.2	1.2	0.3	116
Salt (Iodized)	7 gms				
Total		<b>445.7</b>	<b>73.5</b>	<b>49.1</b>	<b>2473</b>

**MENU**

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos.
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram dal + chatnee / 5 Slices bread (or 100 net wt.)	300 gms
1 cup Tea (100 ml) with 50 ml Milk / Milk	1 No.
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice / 8 Phulka (6 inch. Dia)	600 gms
Veg. Currie	150 gms
Sambar	200 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
Banana	1 No.

/p.t.o./

Dinner (6.00 PM to 8.00 PM)	
Cooked Rice / 6 Phulka (6 inch. Dia)	450 gms
Veg. Currie	150 gms
Sambar	200 ml
Egg boiled	1 No.

Note: Vegetable oil Agmark grade / sunflower oil (sesame / rice bran / groundnut / any mix of the above two oils; 20 ml to use in a day for cooking.

Seasoning will be done with appropriate seasoning material.

The roasted bengalgram / groundnut chatnee to be given in the breakfast.

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.



## 2) General Diet for Women.

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori/ suji ravva / Wheat floor.	350 gms	270.3	27.4	2	1210
Pulses	60 gms	34.5	13.4	1	201
Vegetables	250 gms	15.7	5.5	0.7	90
Milk	300 ml	13.8	9.6	9	180
Oil	20 gms			20	180
Sugar	20 gms	19.8	0.2		80
Eggs (each 50 gms)	2 nos.		13.3	13.3	173
Fruit	1 no.	27.2	1.2	0.3	116
Miscellaneous (seasoning purpose)					
Salt (Iodized)	7 gms				
<b>Total</b>		<b>381.3</b>	<b>70.6</b>	<b>46.3</b>	<b>2230</b>

### MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram dal + chatnee	300 gms
Milk with 10 gms Sugar	150 ml
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice / 6 Phulka (6 inch. Dia)	450 gms
Vegetable Currie	150 gms
Sambar(with 25 gms redgram dhal)	200 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml

<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice / 6 Phulka (6 inch. Dia)	450 gms
Veg. Currie	150 gms
Sambar (with 25 gms redgram dal)	200 ml
Egg boiled	1 No.
Banana	1 No.

Note: Vegetable oil Agmark grade / sunflower oil (sesame / rice bran / groundnut / any mix of the above two oils 20 ml to use in a day for cooking seasoning will be done with appropriate seasoning material.

The roasted bengalgram / groundnut chatnee to be given in the breakfast.

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

Contd..4.

3. Bread & Milk Diet (semi solid)

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Milk (toned / pasteurized)	600 ml	26.5	19	24.5	402
Bread (modern / standard approved bread)	400 gms	207.6	31.2	2.8	980
Sugar	30 gms	30			120
Total		234.1	50.2	27.3	1502

MENU

Breakfast (7.30 AM to 8.30 AM)	
Milk With 10 gms Sugar	200 ml
LUNCH (12.00 Noon to 1.00 PM)	
Bread	200 gms
Milk With 10 gms Sugar	200 ml
Dinner (6.00 PM to 8.00 PM)	
Bread	200 gms
Milk With 10 gms Sugar	200 ml

Contd..5.

4. Plain Diet (Liquid Diet)

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Milk (toned / pasteurized)	1200 ml	53	38	49	804
Sugar	60 gms	60			240
Total		113	38	49	1044

MENU

Breakfast (7.30 AM to 8.30 AM)	
Milk With 10 gms Sugar	200 ml
LUNCH (12.00 Noon to 1.00 PM)	
Milk With 25gms Sugar	500 ml
Dinner (6.00 PM to 8.00 PM)	
Milk With 25gms Sugar	500 ml

Contd..6.

5. Diet for Pregnant Women

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori / wheat floor	400 gms	234.6	20.4	1.5	1035
Suji ravva(100)		74.8	10.4	0.8	348
Pulses	60 gms	34.6	13.4	1.0	201
Vegetables	250 gms	15.7	5.5	0.7	90
Milk	350 ml	15.4	11.2	14.4	235
Oil	20 ml			20.0	180
Sugar	20 gms	20			80
Eggs (each 50 gms)	2 nos.		13.3	13.3	173
Salt (Iodized)	7 gms				
<b>Total</b>		<b>395.1</b>	<b>74.2</b>	<b>51.7</b>	<b>2342</b>

MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos.
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram dal + chatnee Bread 100 gms	300 gms
Milk with 10 gms. Sugar	150 ml
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice / 6 Phulka (6 inch. Dia)	450 gms
Green Leafy Vegetable Dal (1/2 cup)	50 gms
Vegetable Currie (1 cup)	100 gms
Sambar(with 25 gms redgram Dal)	150 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice / 6 Phulka (6 inch. Dia)	450 gms.
Vegetable Currie	100 gms
Sambar(with 25 gms redgram Dal)	150 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
Banana	1 No.

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

Contd..7.

6. Diet for Children

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori / wheat floor suji ravva (100)	300 gms	156.4	13.6	1	690
		74.8	10.4	0.8	348
Pulses	50 gms	28.8	11.1	0.8	167
Vegetables	200 gms	12.6	4.4	0.6	72
Milk (toned)	500 ml	22	16	20.5	335
Oil	15 gms			15	135
Sugar	25 gms	25			100
Egg	1 No.		6.65	6.65	86
Fruit (banana)	1 No.	27.2	1.2	0.3	174
Miscellaneous (seasoning purpose)					
Salt (Iodized)	7 gms				
<b>Total</b>		<b>346.8</b>	<b>63.3</b>	<b>45.6</b>	<b>2107</b>

MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos.
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram dal + chatnee	300 gms
Milk with 10 gms Sugar	150 ml
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice	300 gms
Vegetable Currie	100 gms
Sambar (with 20 gms red gram dal)	150 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice	300 gms
Vegetable Currie	100 gms
Sambar (with 20 gms redgram dal)	150 ml
Banana	1 No.
Milk (with 10 gms sugar)	150 ml

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

7. Diet for Diabetics (1768 K calories per day)

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori / Bansi ravva Suji ravva(100)	300 gms	156.4	13.6	1.5	690
		74.8	10.4	0.8	348
Pulses	60 gms	34.56	13.38	1.02	201
Vegetables	300 gms	18.9	6.6	0.9	108
Milk	300 ml	13.2	9.6	12.2	200
Oil	15 gms			15	135
Eggs (each 50 gms)	1 No.		6.65	6.65	86
Miscellaneous (seasoning purpose)					
Salt (Iodized)	7 gms				
Total		297.86	60.23	38.07	1768

MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos.
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram dhall + chatnee	300 gms
Milk (no sugar)	100 ml
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice or Wheat floor (6 Pulkas)	450 gms
Vegetable Currie	150 gms
Sambar (with 25 gms redgram dal)	200 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice or wheat floor ( 6 Pulkas)	450 gms
Vegetable Currie	150 gms
Sambar (with 25 gms redgram dal)	150 ml
Curd / Butter Milk (200 ml.)	100 ml

Note: Vegetable oil Agmark grade / sunflower oil (sesame / rice bran / groundnut / any mix of the above two oils 20 ml to use in a day for cooking. Seasoning will be done with appropriate seasoning material. The roasted bengalgram / groundnut chatnee to be given in the breakfast. .

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

8. RENAL DIET (MAINTENANCE DIET / 40 GMS PROTEIN LOW SODIUM LOW POTASSIOUM DIET)

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice / saago / suji ravva	250 gms	156.4	13.6	1	690
Rice flakes (50 gms inclusive)		38.6	3.3	0.6	173
Pulses	20 gms	11.5	4.46	0.34	67
Vegetables	100 gms	6.3	2.2	0.6	36
potato (leached)	100 gms	22.6	1.6	0.1	97
Milk	250 ml	11	8	10.25	172
Oil	30 gms			30	270
Sugar	10 gms	10			40
Egg	1 No.		6.65	6.65	86
Miscellaneous (seasoning purpose) / Fruit (Apple)	100 gms	13	0.2	0.5	59
Salt (Iodized)	3 gms				
<b>Total</b>		<b>269.4</b>	<b>40</b>	<b>49.5</b>	<b>1690</b>

MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Rice flakes Upma or suji upma 150 gms or bread 60 gms	100 gms
Chatnee	1 tbsp
Milk	100 ml with sugar
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice	300 gms
Thin dhal	75 ml
Veg. Currie (Salt restricted)	100 gms
Egg boiled	1 No.
Curd	75 ml
Marie Biscuits	4 Nos.
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice	300 gms
Thin Dhal	1/2 cup
Potato Curry (leached) (salt restricted)	1 cup (100 gms)
Curd	75 ml

Note: Vegetable oil Agmark grade / sunflower oil (sesame / ricebran / groundnut / any mix of the above two oils, 20 ml to use in a day for cooking

Seasoning will be done with appropriate seasoning material.

The roasted bengalgram / groundnut chatnee to be given in the breakfast

### 9. DIET FOR CARDIAC PATIENTS (Low Sodium & Low Fat)

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Rice (Cereals) Masoori / Wheat floor Suji ravva (100)	400 gms	234.6	20.4	1.5	1035
		74.8	10.4	0.8	348
Pulses	60 gms	34.56	13.38	1.02	201
Vegetables	200 gms	12.6	4.4	0.6	72
Milk (inclusive of 100 / curd)	300 ml	13.2	9.6	12.2	200
Oil	20 ml			20	180
Sugar	10 gms	10			40
Miscellaneous (seasoning purpose) / Fruit	1 No.	27.2	1.2	0.3	116
Salt (Iodized)	4 gms				
<b>Total</b>		<b>406.9</b>	<b>59.38</b>	<b>36.42</b>	<b>2192</b>

### MENU

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.)	3 Nos.
Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram Dal + Chatnee	300 gms
150 ml Milk with sugar	1 No.
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice	600 gms
Vegetable Currie	150 gms
Sambar (with 25 gms redgram dal)	200 ml
Curd / Butter Milk (200 ml.)	100 ml
Banana	1 No.
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice	450 gms
Vegetable Currie	150 gms
Sambar (with 25 gms redgram dal)	200 ml.

Note: Vegetable oil Agmark grade / sunflower oil (sesame / ricebran / groundnut / any mix of the above two oils 20 ml to use in a day for cooking

Seasoning will be done with appropriate seasoning material

The roasted bengalgram / groundnut chatnee to be given in the breakfast

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

Contd..11.



10. DIET FOR SICK NURSERY AND PREMATURES

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Milk (Toned / Pasteurized)	1200 ml	53	38	49	804
Sugar	50 gms	50			200
<b>Total</b>		<b>103</b>	<b>38</b>	<b>49</b>	<b>1004</b>

Note: 300 ml X 4 patients = 1200 ml milk with 50 gms sugar = 1 diet  
if any increase in the quantity of milk per baby per day can be prescribed by the  
dietician / paediatrician

Contd..12.

**ANNEXURE – II****HIGH PROTEIN DIETS****Therapeutic Diets (for TB & Psychiatric & General High Protein diets for patients)**

Name of Food stuffs	Quantity	Nutritive Value (Approximate )			
		Carbo Hydrates (gms)	Proteins (gms)	Fat (gms)	Energy (Kcal)
Cereals- Rice Masoori/ / Wheat floor	400 gms	312.8	27.2	2.0	1380
Suji ravva(100)	100 gms	74.8	10.4	0.8	348
Pulses	70 gms	30.3	15.6	1.2	234
Vegetables and roots and tubers	300 gms	6.6	0.1	18.9	108
Milk	500 ml	22	16.0	20.5	335
Oil	30 gms			30.0	270
Sugar	25 gms				100
Eggs	2 Nos.		13.3	13.3	173
Fruit	2 Nos.	54.4	2.4	0.6	232
Salt (Iodized)	7 gms				
<b>Total</b>		<b>500.9</b>	<b>85.0</b>	<b>87.3</b>	<b>3180</b>

**MENU**

<b>Breakfast (7.30 AM to 8.30 AM)</b>	
Idly (150 gms) with Sambar / Chatnee (100 ml.) / 5 Bread Slices (100 gms.)	3 Nos.
or Pongal / Kichidi / Upma (with 100 gms ravva and 10 gms Black gram Dal + Chatnee	300 gms
Milk (with sugar)	150 ml
<b>LUNCH (12.00 Noon to 1.00 PM)</b>	
Cooked Rice (Raw 200 gms) or 8 pulkas of 200 gms Wheat flour	600 gms
Vegetable Currie	150 gms
Sambar(with 25 gms redgram dal)	200 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
Banana / Seasonal Fruit	1 No.
<b>Tea Time</b>	
Milk (with sugar)	150 ml
<b>Dinner (6.00 PM to 8.00 PM)</b>	
Cooked Rice (Raw 200 gms) or 8 pulkas of 200 gms. Wheat flour	600 gms
Vegetable Currie	150 gms
Sambar (with 25 gms redgram dal)	200 ml
Egg boiled	1 No.
Curd / Butter Milk (200 ml.)	100 ml
Banana / Seasonal Fruit	1 No.

Note: Vegetable oil of Agmark grade / sunflower oil (sesame / ricebran / groundnut / any mix of the above two oils, 20 ml to use in a day for cooking

Seasoning will be done with appropriate seasoning material

The roasted bengalgram / groundnut chatnee to be given in the breakfast

For Non-vegetarian patients 100 gms. of Chicken should be given alternative day by substitution of (2) eggs

Note: To prepare Sambar – use 25 grams of Redgram Dal, 5 grams of Tamarind pulp, seasoning with 3 grams of vegetable oil by using spices / condiments / curry leaves.

In case of vegetarians, each egg will be replaced with 100 ml. of boiled milk.

**ANNEXURE – III**

**DUTY DOCTORS DIET**

<b>Breakfast (8.00 AM to 10.00 AM)</b>
Puries with Potato Curry mixed Veg. Kurma or Idly with Chutney / Sambar or Vada with Chutney / Sambar or Bread with Omlet or Pongal + Chatnee / Sambar or Bambino Vermicilli Veg. Upma with Chutny and Tea.
<b>LUNCH (1.00 to 3.00 PM)</b>
Fine Rice (Masoorie)
Puri / Pulka / Chapathi
Dal with Leafy vegetables
Veg. Curries 1 deep fry and 1 gravy curry
Sambar
Chicken Curry / Egg Curry with two eggs
Curd
<b>Evening Tea (4.30 PM to 5.00 PM)</b>
Tea with Marie biscuits (2)
<b>Dinner (8.00 PM to 10.00 PM)</b>
Fine Rice (Masoorie) / Chapathi / Pulka
Veg. Curries 1 deep fry and 1 gravy curry and papad
Tomato Rasam / Pepper Rasam
Chicken Curry / Egg boiled
Dhall with Vegetable (for vegetarians)
Curd & Fruit (Banana)

Note: Vegetable oil of Agmark grade / sunflower oil (sesame / ricebran / groundnut / any mix of the above two oils, 20 ml to use in a day for cooking

Seasoning will be done with appropriate seasoning material

The roasted bengalgram / groundnut chatnee to be given in the breakfast

For vegetarians, instead of Chicken / Egg extra Vegetable curry & Sweet will be provided

G. SUDHIR  
SPECIAL CHIEF SECRETARY TO GOVERNMENT